

BEFORE A TICK BITES



PROTECT YOURSELF!

Some ticks can transmit several diseases. Lyme disease is transmitted by the bite of a Blacklegged (deer) tick when it is infected by a bacteria. A tick measures between 1 and 3 millimetres before it feeds on blood. Its painless bite can cause a rash that quickly extends to over 5 centimetres, and sometimes fever, headaches, fatigue and muscle and joint pain. If the disease is not treated promptly, it can cause serious health problems later.

Ticks especially live in forests, wooded areas, piles of dead leaves, shrubs and tall grass. We might find them everywhere in Québec. However, the risk of being bitten is greater in southern Québec.

TO PROTECT YOURSELF FROM TICK BITES DURING YOUR OUTDOOR ACTIVITIES:

- preferably walk on trails and avoid tall grass;
- use a DEET-based or icaridin-based mosquito repellent on the exposed parts of your body, avoiding your face;
- wear light-coloured long clothing, a hat and closed shoes;
- tuck your pant legs into your socks and your shirt into your pants.

1 to 3 mm



Before meals



After meals



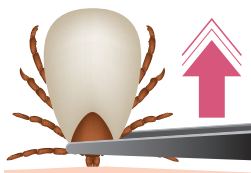
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WHEN YOU RETURN FROM AN OUTDOOR ACTIVITY NEAR TALL GRASS OR IN A WOODED AREA:

- take a bath or a shower within 2 hours and carefully inspect your entire body and your children's bodies to check whether ticks are clinging to the skin, because they are difficult to see;
- carefully remove any tick that is still clinging to your skin as soon as possible (within 24 hours after the bite) to reduce the risk of bacterial transmission;
- also examine your pets, your clothing and your equipment (backpack, jacket, etc.) before entering the home. Wash the clothing and equipment or put them in the dryer as needed. Once indoors, a tick could bite a person or an animal.

STEPS FOR REMOVING A TICK FROM THE SKIN

1. Grasp the tick with tweezers as close as possible to the skin. It is important not to squeeze the tick's abdomen.
2. Pull the tick gently and continuously, without turning it or crushing it. If you can't remove the tick's head, leave it in place; the skin will heal.
3. Clean your skin with soap and water and wash your hands thoroughly.
4. Keep the tick in a tightly sealed container. Record the date and the place you were when you were bitten and the location of the bite on your body. This information could be used to watch the evolution of Lyme disease in Québec.



If you were bitten in the Estrie (Eastern Townships), Montérégie or Outaouais regions, call Info-Santé 8-1-1: an antibiotic could be recommended to you as a preventive measure.

If you have Lyme disease symptoms within 30 days after you were bitten, call **Info-Santé 8-1-1** or consult a doctor and bring the tick to your appointment.

To find out about the symptoms of Lyme disease, the regions at risk or to receive other advice, go to

sante.gouv.qc.ca/lyme